



Etone College
'PROGRESS FOR ALL'

Etone Mental Health

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Parent's Guide to Self Esteem

Self Esteem

Self-esteem is how a person feels about themselves. Most children will have dips in self-esteem as they go through different stages or challenges in life, and there are different pressures that may affect them - including social media, bullying, exams, family problems and abuse.

Things like starting a new school, moving house or going through changes in the family can also affect a child's confidence - but with support from parents and other adults they can usually get through this.

Signs of good self-esteem or low self-esteem

Children and young people with high self-esteem often:

- have a positive image of themselves
- are confident
- can make friends easily and are not anxious with new people
- can play in groups or on their own
- will try and solve problems on their own, but will ask for help if they need to
- can be proud of their achievements
- can admit mistakes and learn from them
- will try new things and adapt to change

Children and young people with low self-esteem often:

- have a negative image of themselves - they might feel bad, ugly, unlikeable or stupid
- lack confidence
- find it hard to make and keep friendships, and may feel victimised by others
- feel lonely and isolated
- tend to avoid new things and find change hard
- can't deal well with failure.
- tend to put themselves down and might say things like "I'm stupid" or "I can't do that"
- are not proud of what they achieve and always think they could have done better.
- are constantly comparing themselves to their peers in a negative way



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Most children will have dips in self-esteem as they go through different stages or challenges in life. Starting a new school, moving house, changes in the family and many other factors can affect a child's confidence, but with support from parents and other adults they usually get through this.

Teenagers with low self-esteem can find it very hard to cope with pressures from school, peers and society. Children and young people with low self-esteem are more at risk of developing depression, anxiety, self-harming and other mental health problems as they grow up, and will often find the ups and downs of life in general harder to get through.

Resilience and self-esteem

Resilience is being able to deal with the ups and downs of life, and is key to raising self-esteem. There are a lot of different factors that determine whether a young person is able to cope well, or not so well, when times are tough. Being able to 'bounce back' is more likely when a child:

- Has had secure early attachments
- Has a clear sense of identity
- Communicates well with others
- Can set goals and try to meet them
- Understands how to go about solving problems
- Is able to think and act independently
- Is able to manage sometimes negative thoughts and feelings, and move on from them
- Is loved and valued by family and friends

Support available at Etone College

Students can access support through various channels at Etone College. They are able to speak with their Heads of House to ask for a referral to the Success Centre. There is also lots of signposting of support around the school with the contact details to various local and national support groups and charities.